

**Amendments to the Claims:**

This listing of claims will replace all prior versions, and listings, of claims in the application:

**Listing of Claims:**

Claim 1. (Cancelled)

Claim 2. (Cancelled)

Claim 3. (Cancelled)

Claim 4. (Cancelled)

Claim 5. (Cancelled)

Claim 6. (Cancelled)

Claim 7. (Cancelled)

Claim 8. (Cancelled)

Claim 9. (Cancelled)

Claim 10. (Cancelled)

Claim 11. (Cancelled)

Claim 12. (Currently Amended) A golf practice and exercise device ~~according to claim 11 and further comprising~~ for use with a golf club, comprising a frame member having a base portion for supporting the device on a floor or ground, said frame member extending upwardly from the base portion and having an outwardly extending mounting arm extending above an impact position of a golf club when swung by a golfer standing beyond the outer extent of said mounting arm, a resilient member having an end secured to said mounting arm and suspended from said mounting arm to the impact position to be struck by a golf clubhead during a normal swing of a golf club, said resilient member having a surface at the impact position of a size at least that of a corresponding surface of a softball to provide a large target so that the golfer can swing a golf club freely without concentration on striking the small target of

a golf ball, said resilient member providing sufficient resistance to the impact of a golf club to impose muscular strain on the golfer for muscle development while allowing the head of a golf club to move the resilient member sufficiently for the golf clubhead to ultimately pass thereunder and allow the golfer to complete the follow-through of the golf swing, said resilient member being in the form of a flat strip having a flat surface facing the impact position of the clubhead and having a width at the impact position at least that of the diameter of a softball.

Claim 13. (Currently Amended) A golf practice and exercise device according to claim ~~11~~ 12 and further comprising said resilient member being in the form of a plurality of flat strips secured contiguously in said mounting arm and having flat surfaces facing the impact position of the clubhead and having a width at the impact position of a size at least that of the diameter of the corresponding surface of a softball.

Claim 14. (Original) A golf practice and exercise device according to claim 13 and further comprising said plurality of flat strips comprises three flat strips.

Claim 15. (Cancelled)

Claim 16. (Cancelled)

Claim 17. (Original) A golf practice and exercise device for use with a golf club, comprising a frame member having a base portion for supporting the device on a floor or ground, said frame member extending upwardly from the base portion and having an outwardly extending mounting arm extending above an impact position of a golf club when swung by a golfer standing beyond the outer extent of said mounting arm, a resilient flat strip having an end secured to said mounting arm and suspended from said mounting arm to the impact position and having a flat surface facing the impact position of a golf clubhead to be struck by a golf clubhead during a normal swing of a golf club, said resilient strip providing sufficient resistance to the impact of a golf club to impose muscular strain on the golfer for

muscle development while allowing the head of a golf club to move the strip sufficiently for the golf clubhead to ultimately pass thereunder and allow the golfer to complete the follow-through of the golf swing.

Claim 18. (Original) A golf practice and exercise device according to claim 17 and further comprising said plurality of flat strips secured contiguously in said mounting arm and having flat surfaces facing the impact position of the clubhead.

Claim 19. (Original) A golf practice and exercise device according to claim 18 and further comprising said plurality of flat strips being three flat strips.